

MAJOR CONCEPTS TAUGHT BY POSITION	
SETTERS	HITTERS
CONTACT POSITION	TIMING
EXTENSION	ACCELERATION
FOOTWORK	ARM SWING
NET RELATIVITY	FOOTWORK
HAND PLACEMENT	LINE SHOTS
FRONT & BACK SETS	CROSS COURT SHOTS
TEMPO SETTING	TEMPO SHOTS
TRANSITION SETTING	NET RELATIVITY
DECISION MAKING	READING A BLOCK
JUMP SETTING	LOADING
BLOCKERS	DEFENSE & PASSERS
FINGER POSITION	FOREARM
PENETRATION	OVERHEAD
BODY PLACEMENT	FOOTWORK
READING A HITTER	DIRECTING
CONTROL OF BALL	MOVEMENT
FOOTWORK	POSTURE
LATERAL MOVEMENT	READING HITTERS
EYE SEQUENCING	PREPARATION
READ VS OPTION	FLOOR RECOVERY
TRANSITION	COVERING

Elementary & Beginners (8-12yrs)
“Rookies” — Aug, Sep, Oct

All-Skills

- Aug 8 – 29 5-6:30pm Mondays **\$80**
- Sep 5— 26 5-6:30pm Mondays **\$80**
- Oct 3— 24 5-6:30pm Mondays **\$80**

This summer — elementary/beginner, middle school and high school leagues – 3 vs 3 leagues for various levels, AND elite position academies for MS and HS levels.

Why choose Colorado Juniors Volleyball?

- ◆ Our philosophy -- teach skills through organized instruction
- ◆ Player/coach ratio 6:1 or better
- ◆ Staff has collegiate experience
- ◆ Staff is selected for their teaching ability and knowledge of the game
- ◆ We create a challenging, thinking, learning environment
- ◆ Groupings are skill based for maximum individual development
- ◆ Drills are designed for beginners through advanced players
- ◆ Parents and coaches are welcome to observe and learn
- ◆ Exposure to Colorado Juniors Club staff and methods



2011 summer coaching staff is a combination of visiting club / collegiate coaches and current college players. Full bios on our website — check it out — www.coloradojuniors.com or call 719-661-4491

Colorado Juniors 2011 Summer Activities Volleyball



This summer — Visiting coaches:

- ◆ **Kevin Hambly, Illinois Head Coach, former USA Asst Coach**
- ◆ **Kaleena Davidson, Penn State Asst Coach,**
- ◆ **Reed Sunahara, Cincinnati Head Coach**
- ◆ **Lizzy Stemke, Georgia Head Coach**
- ◆ **Colorado Juniors Head Coaches & Alumni**



Name _____ Email _____
 Address _____ Phone (H) _____
 City _____ Phone (C) _____
 Zip _____ Birth Date _____
 School/Grad Year _____ T-Shirt size _____

Send full payment & registration to:

Colorado Juniors
 2348 Elite Terrace
 Colorado Springs, CO 80920

REFUND policy is:

Full refund **ONLY** if session is full and wait list athlete accepts opening
NO refund if spot cannot be filled by another athlete



ALL session held @ ACES
 I-25 to exit 161 (Monument)
 Go west .04 miles to Mitchell Road
 Turn South 1 mile to 16815 Mitchell Rd

Parents Release and Indemnity Agreement.

We/I hereby request you accept the athlete application for enrollment in the Colorado Juniors Camps/Clinic Program 2011 as checked above. In consideration of your acceptance of this application, we/I hereby agree to release, indemnify and hold harmless the ACES facility, the coaching staff and group employees from all claims resulting from any injury sustained by my child while traveling and participating in the sessions. We/I further hereby give permission to coaches, training staff or other medical professionals to provide deemed necessary to my child in case of injury or illness.

 Parent/Legal Guardian



2011 MIDDLE SCHOOL Camp/Clinics			
Skills	Cost	Date/s	Time
All-Skills	\$160	Jun 8-10	9am -12pm each day
Defense & Passing	\$60	Jun 17	11am-1pm
Hitting & Blocking	\$60	Jun 17	9-11am
Defense/Passing Academy	\$125	Jul 9	10am-1pm & 3-6pm
Setter Academy	\$120	Jul 16	10am-1pm & 3-6pm
Defense & Passing	\$60	Jul 23	9 - 11am
Hitting & Blocking	\$60	Jul 23	12- 2pm
Serving	\$25	Jul 23	2- 3pm
League #1 (Tues & Thurs)	\$120	Jul 21-Aug 4	6:30-8pm
League #2 (Saturdays)	\$120	Aug13-Sep17	9am-10:30am
League #6/7 (Saturdays)	\$120	Sep24-Oct22	9am-10:30am
League #8 (Saturdays)	\$120	Sep24-Oct22	10:30am-12pm



2011 HIGH SCHOOL Camp/Clinics
Classes of 2012-2015

Skills	Cost	Date/s	Time
All-Skills	\$160	Jun 14-16	9am-12pm each day
Defense & Passing	\$60	Jun 17	9-11am
Hitting & Blocking	\$60	Jun 17	11am-1pm
Middle Blocker Academy	\$150	Jul 10	10am-1pm & 3-6pm
Defense/Passing Academy	\$180	Jul 7-8	9am-11:30am & 12:30-3pm
Setter Academy	\$250	Jul 17-19	Sun= 1-3:30 & 4:30-7pm Mon&Tues = 9-11:30am & 12:30-3pm
Defense & Passing	\$60	Jul 24	1-3pm
Hitting & Blocking	\$60	Jul 24	4-6pm
Jump Serving	\$25	Jul 24	6-7pm
Outside Hitter Academy	\$150	Jul 31	10am-1pm & 3-6pm
ALL Hitters Academy	\$150	Aug 7	10am-1pm & 3-6pm
3 vs 3 league (new teams every night)	\$40	Jul 20-Aug 3	6:30-8pm (Mon/Wed)
HS Tryouts Prep Session			
Class of 2012-2015	\$90	Jul 30	9am-12pm